

**Claims:**

1. A method for treatment of sleeping disturbance, wherein a therapeutically effective  
5 dose of *S*-5-methoxy-2-[[[(4-methoxy-3,5-dimethyl-2-pyridinyl)methyl]sulfinyl]-1H-benzimidazole (esomeprazole) or a pharmaceutically acceptable salt thereof is administered to a patient suffering therefrom.
2. A method for treatment to obtain improved sleeping in a patient suffering from  
10 gastroesophageal reflux disease, wherein a therapeutically effective dose of *S*-5-methoxy-2-[[[(4-methoxy-3,5-dimethyl-2-pyridinyl)methyl]sulfinyl]-1H-benzimidazole (esomeprazole) or a pharmaceutically acceptable salt thereof is administered to a patient suffering therefrom.
- 15 3. A method according to any of claims 1 or 2, wherein esomeprazole is administered in the form of an alkaline salt selected from  $\text{Mg}^{2+}$ ,  $\text{Ca}^{2+}$ ,  $\text{Na}^{+}$  or  $\text{K}^{+}$  salts.
4. A method according to any of claims 1 - 3, wherein esomeprazole magnesium salt is administered.
- 20 5. A method according to any of claims 1 - 3, wherein esomeprazole sodium salt is administered.
6. A method according to any of claims 1 or 2, wherein esomeprazole or an alkaline salt  
25 thereof is administered orally.
7. A method according to any of claims 1 or 2, wherein esomeprazole or an alkaline salt thereof is administered parenterally.

8. A method according to any of claims 1, 2, 3, 4, 5 or 6, wherein esomeprazole or an alkaline salt thereof is administered in a dose of from 1 to 100 mg daily,

9. A method according to claim 8 wherein esomeprazole is administered in a dose of from  
5 10 to 40 mg daily.

10. Use of *S*-5-methoxy-2-[[[(4-methoxy-3,5-dimethyl-2-pyridinyl)methyl]sulfinyl]-1H-benzimidazole (esomeprazole) or a pharmaceutically acceptable salt thereof in the manufacture of a medicament for treatment of sleeping disturbance in patient suffering  
10 therefrom.

11. Use of *S*-5-methoxy-2-[[[(4-methoxy-3,5-dimethyl-2-pyridinyl)methyl]sulfinyl]-1H-benzimidazole (esomeprazole) or a pharmaceutically acceptable salt thereof in the manufacture of a medicament for obtaining improved sleeping in a patient suffering from  
15 gastroesophagal reflux disease.